

Asian-American Health Assessment



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Definitions

- *Asian*
 - Origins in any of the original peoples of the Far East, Southeast Asian, or Indian subcontinent
 - Examples: Cambodia, China, India, Japan, Malaysia, Pakistan, Philippines, Korea, Thailand, and Vietnam.
- *Native Hawaiian and Other Pacific Islander (NHPI)*
 - Origins in any of the original peoples of Hawaii, Guam, Samoa, or Pacific Islands.

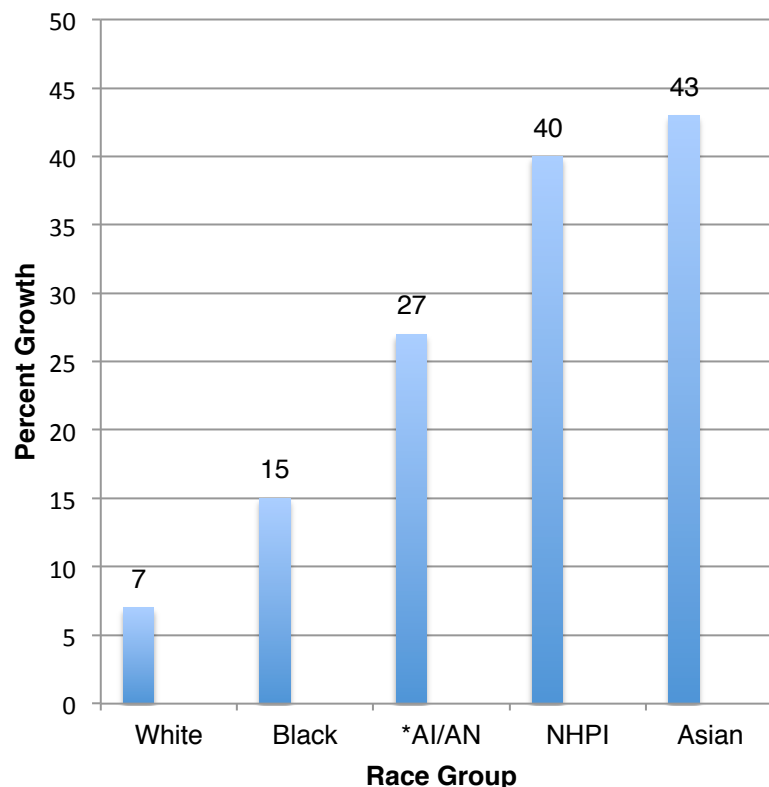


These populations are very diverse...

Population Growth

- Nationally, the AANHPI populations were the two fastest growing race groups
- Texas has the 3rd largest Asian population and one of the largest NHPI populations
- Asian population in Travis County doubled since 2000 to almost 60 thousand in the 2010 census

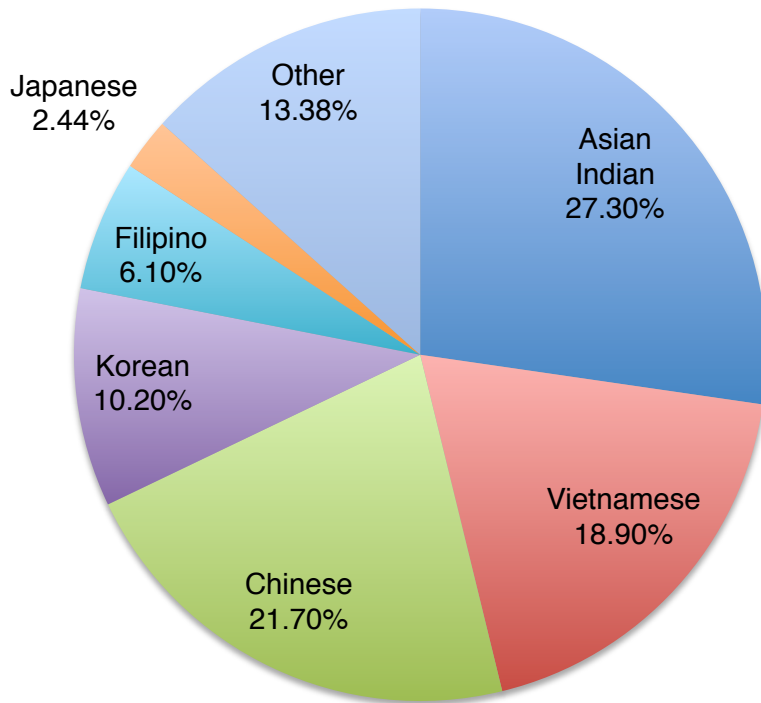
U.S. Population Percent Growth from 2000 to 2010 by Race alone



U.S. Census 2010- In the 2010 Census, "Hispanic" was no longer classified as a race.

Travis County Asian alone Population

Percent Shares of total Travis County Asian alone Population by Country of Origin



- Asian alone make up about 6% of total population
- Asian and White is the largest multi-race combination

Texas Population

	Texas	Travis County	Harris County
Population, 2010	25,145,561	1, 024, 266	4,092,459
One Race	97.3%	96.7%	96.8%
<i>Asian</i>	4.4%	6.8%	6.9%
<i>Asian alone</i>	3.8%	5.8%	6.2%
White alone, Non-Hispanic	45.3%	50.5%	32.9%
Black alone, Non-Hispanic	11.4%	8.1%	18.4%
Asian alone, Non-Hispanic	3.7%	5.7%	6.1%
AI/AN alone, Non-Hispanic	0.3%	0.2%	0.2%
NHPI alone, Non-Hispanic	0.1%	0.1%	0.1%
Other alone, Non-Hispanic	0.2%	0.2%	0.2%
Hispanic or Latino	36.3%	31.9%	38.9%

Table 2. Source: U.S. Census Bureau, 2010 Census. Numbers in this figure calculated from census data from 2010 Summary File 1, Tables P5 and P7: *Race Alone or in Combination and Hispanic or Latino*. Geography: Texas, Travis County, and Harris County. Accessed October 6th, 2012.

Population Totals for Texas, Travis County, and Harris County by race, 2010

Age Groups by Gender- Asian alone

	NUMBER					
	TEXAS			TRAVIS COUNTY		
<i>Age groups by race</i>	Both sexes	Males	Females	Both sexes	Males	Females
*Total Asian alone, 2010	964,596	334,977	366,924	59,333	29,327	30,006
20-29	15.9% (n=153,790)	7.9% (n=76,646)	8.0% (n=77,144)	23.3% (n=13,829)	11.8% (n=7,018)	11.5% (n=6,811)
30-39	18.7% (n=180,149)	8.9% (n=85,527)	9.8% (n=94,622)	21.1% (n=12,524)	10.6% (n=6,273)	10.5% (n=6,251)
40-49	15.6% (n=150,751)	7.6% (n=73,600)	8.0% (n=77,151)	13.9% (n=8,265)	7.0% (n=4,176)	6.9% (n=4,089)
50-59	11.5% (n=111,348)	5.3% (n=51,434)	6.2% (n=59,914)	8.1% (n=4,807)	3.7% (n=2,187)	4.4% (n=2,620)
60 and over	11.0% (n=105,863)	5.0% (n=47,770)	6.0% (n=58,093)	7.5% (n=4,438)	3.4% (n=1,991)	4.1% (n=2,447)

Travis County Asian Population

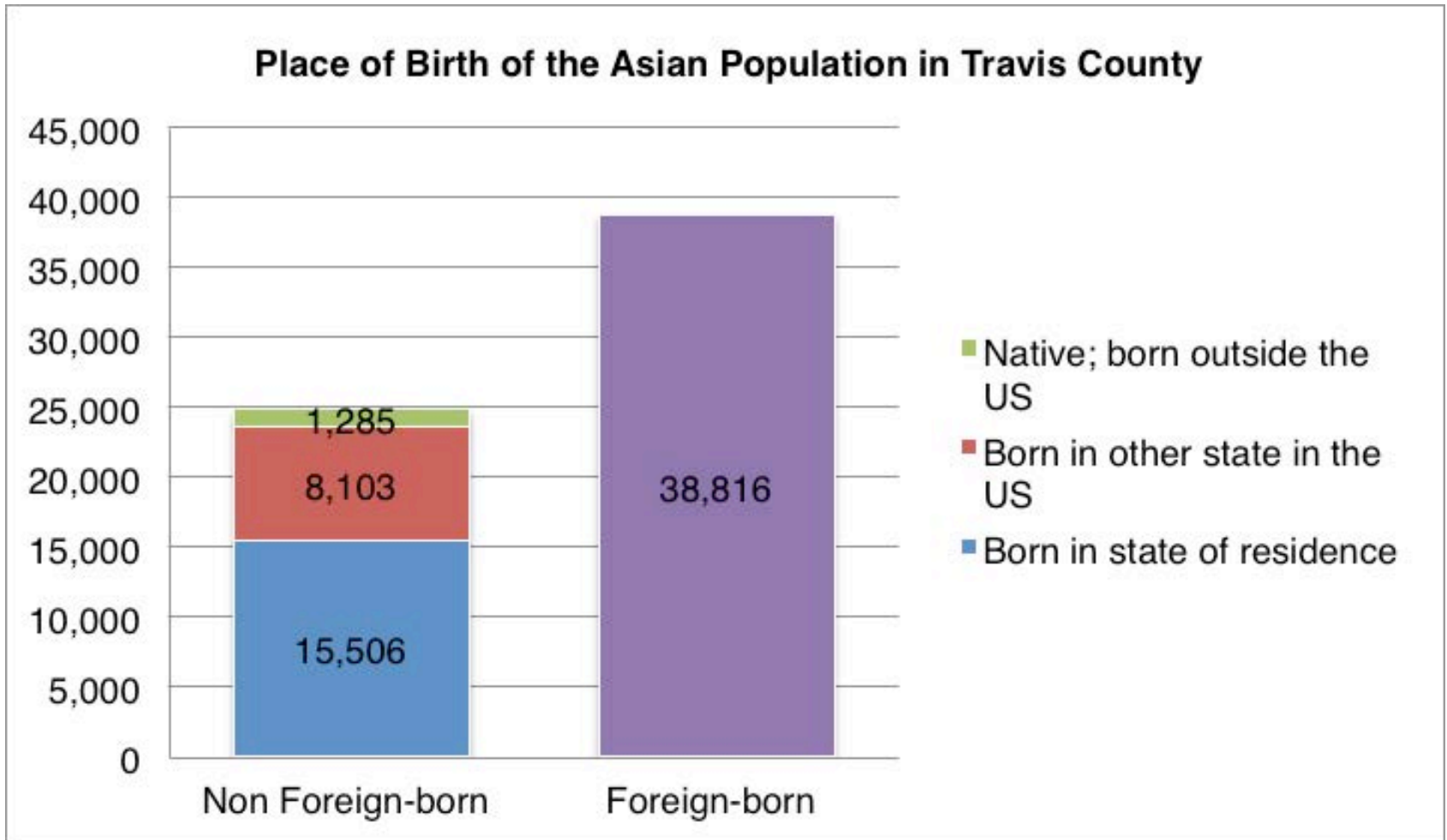


Figure 3. Source: U.S. Census Bureau, 2010 American Community Survey, 5-year estimates, 2006-2010. *Place of Birth by Sex in the United States*. Geography: Travis County. Population group: Asian alone or in combination. Accessed October 10th, 2012.

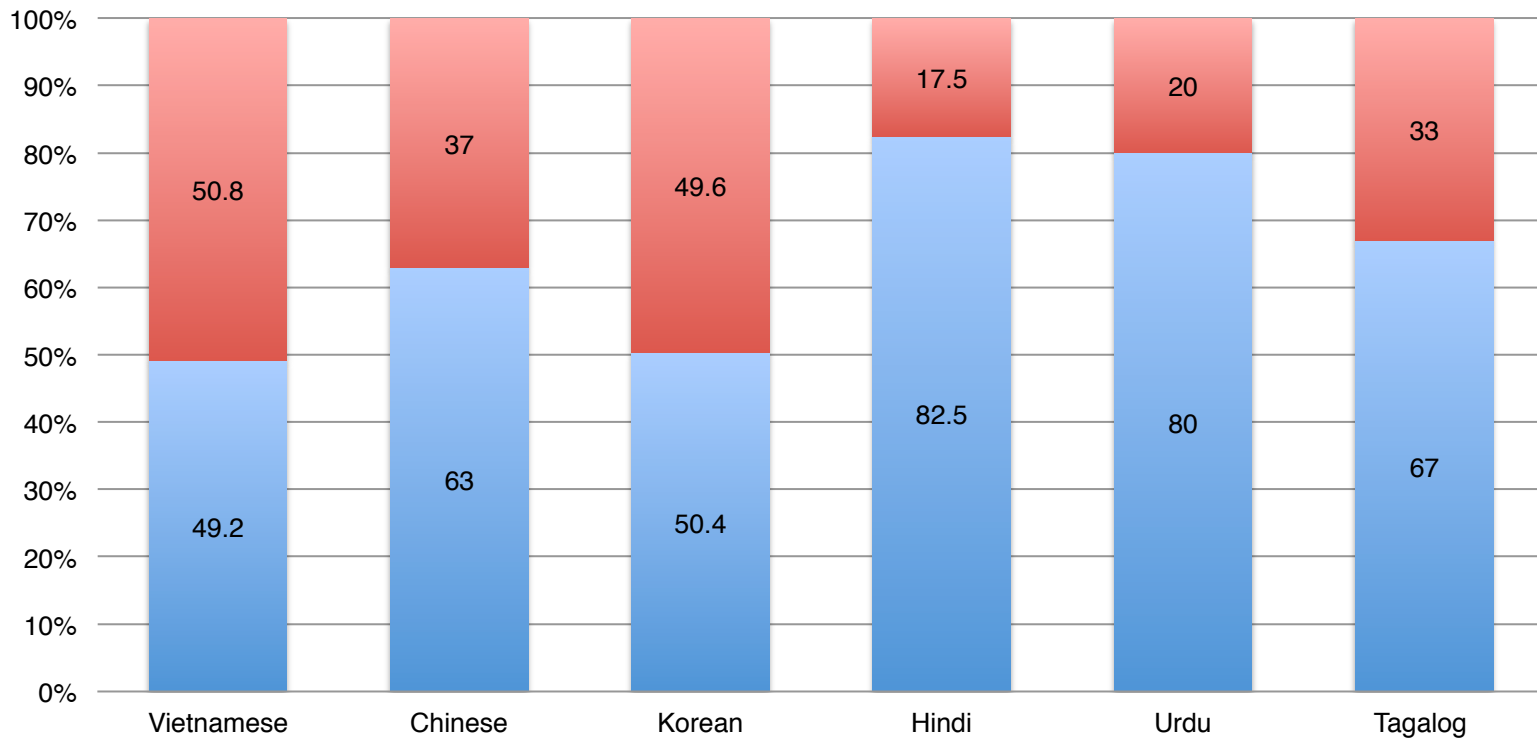
Country of Origin

Place of Birth for the Foreign-born Population in Travis County

Total Population (excluding population born at sea)	38,816
<i>Asia</i>	37,727
India	9,856
Vietnam	8,444
China	7,495
Hong Kong (732)	
Taiwan (2,435)	
Korea	4,036
Philippines	2,200
Pakistan	1,735

Linguistic Isolation

Percent of total households speaking English less than "very well" and "very well" by Language



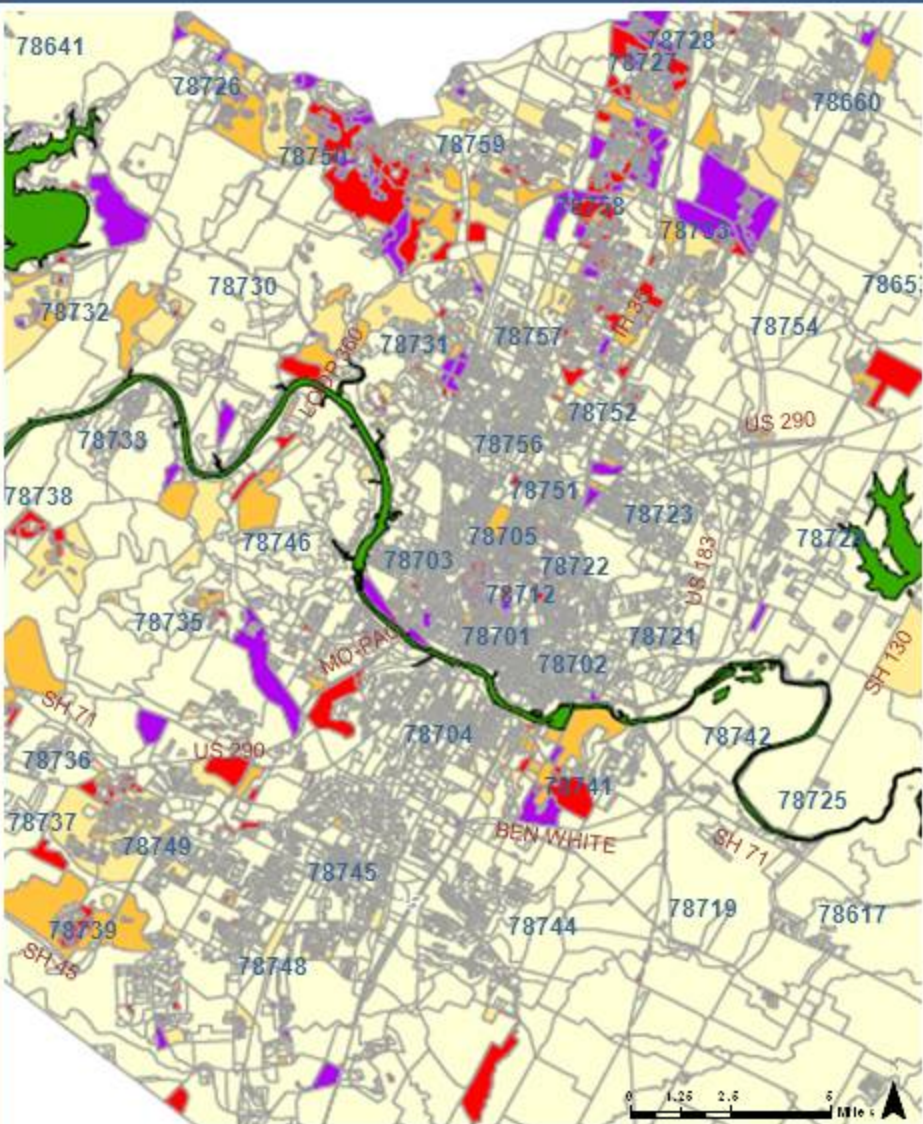
■ % of total households that speak English "very well" ■ % of total households that speak English less than "very well"

* The primary Chinese dialects are Mandarin and Cantonese

Changing Asian Landscape--Travis County

Asian Population Concentrations, 2000 and 2010

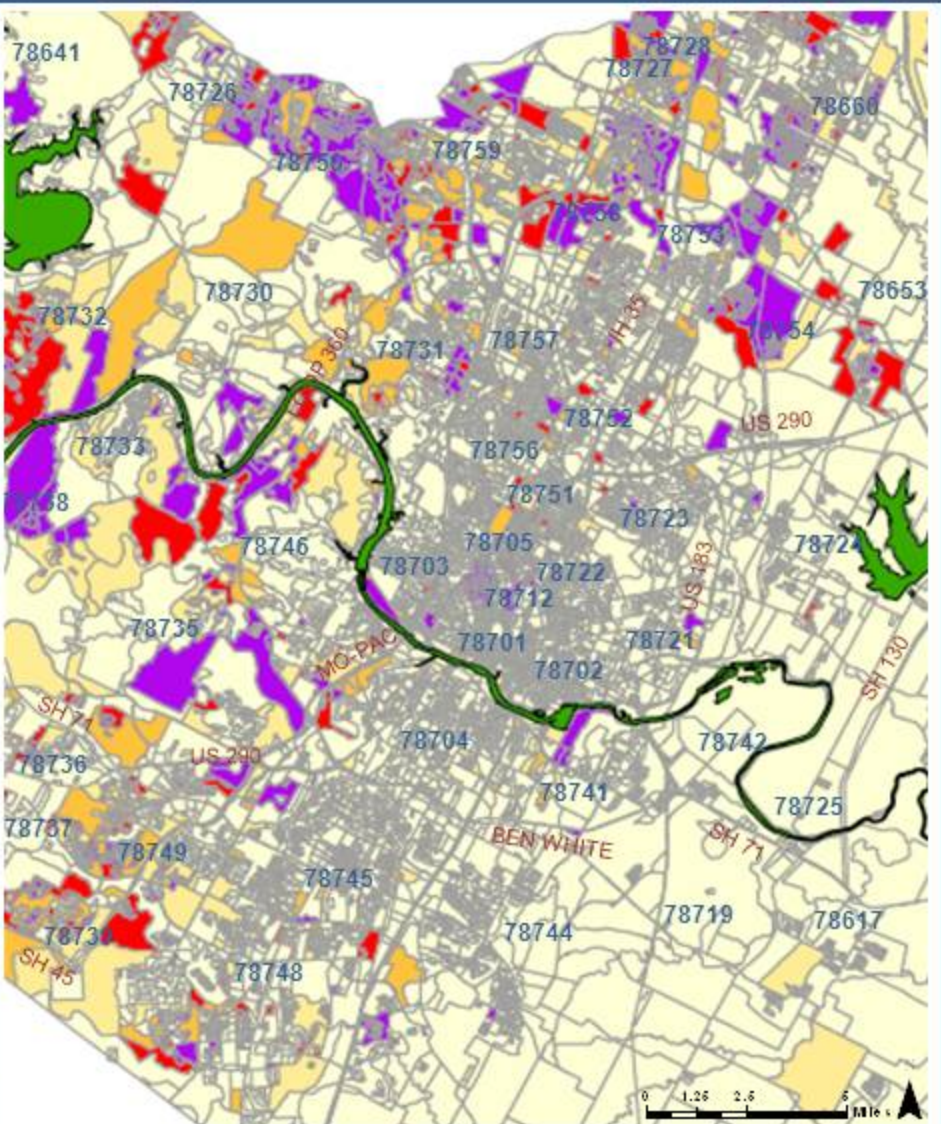
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Census 2000 Data
Census Blocks

Percentage of the Total Population that is Asian

Less than 5%
5% to 7.5%
7.5% to 10%
10% to 15%
15% Plus



Census 2010 Data
Census Blocks

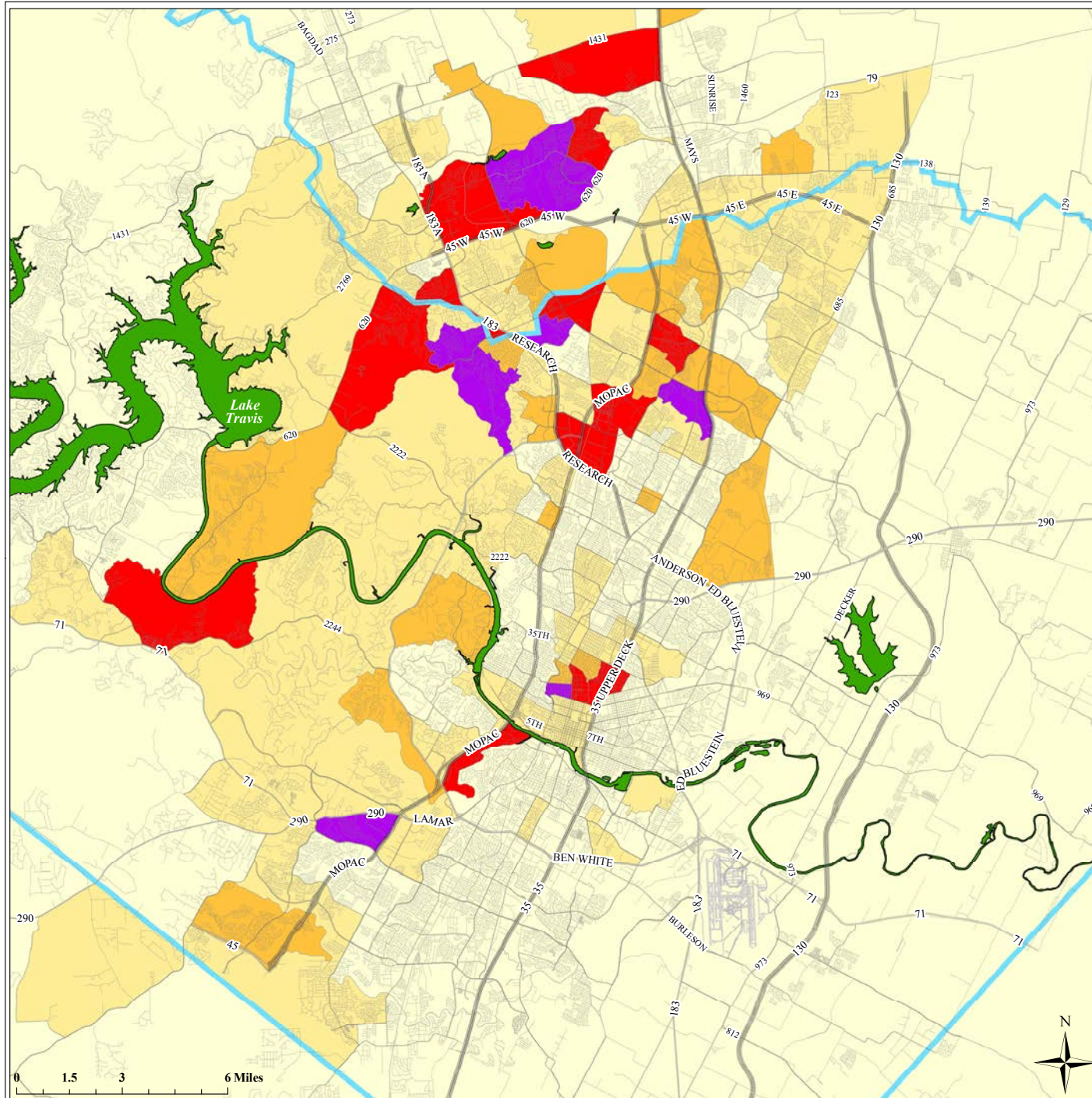
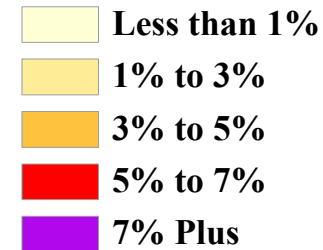
Percentage of the Total Population that is Asian

Less than 5%
5% to 7.5%
7.5% to 10%
10% to 15%
15% Plus

Asian Indian Share of Total Population

Austin, Texas
Census 2010 Data

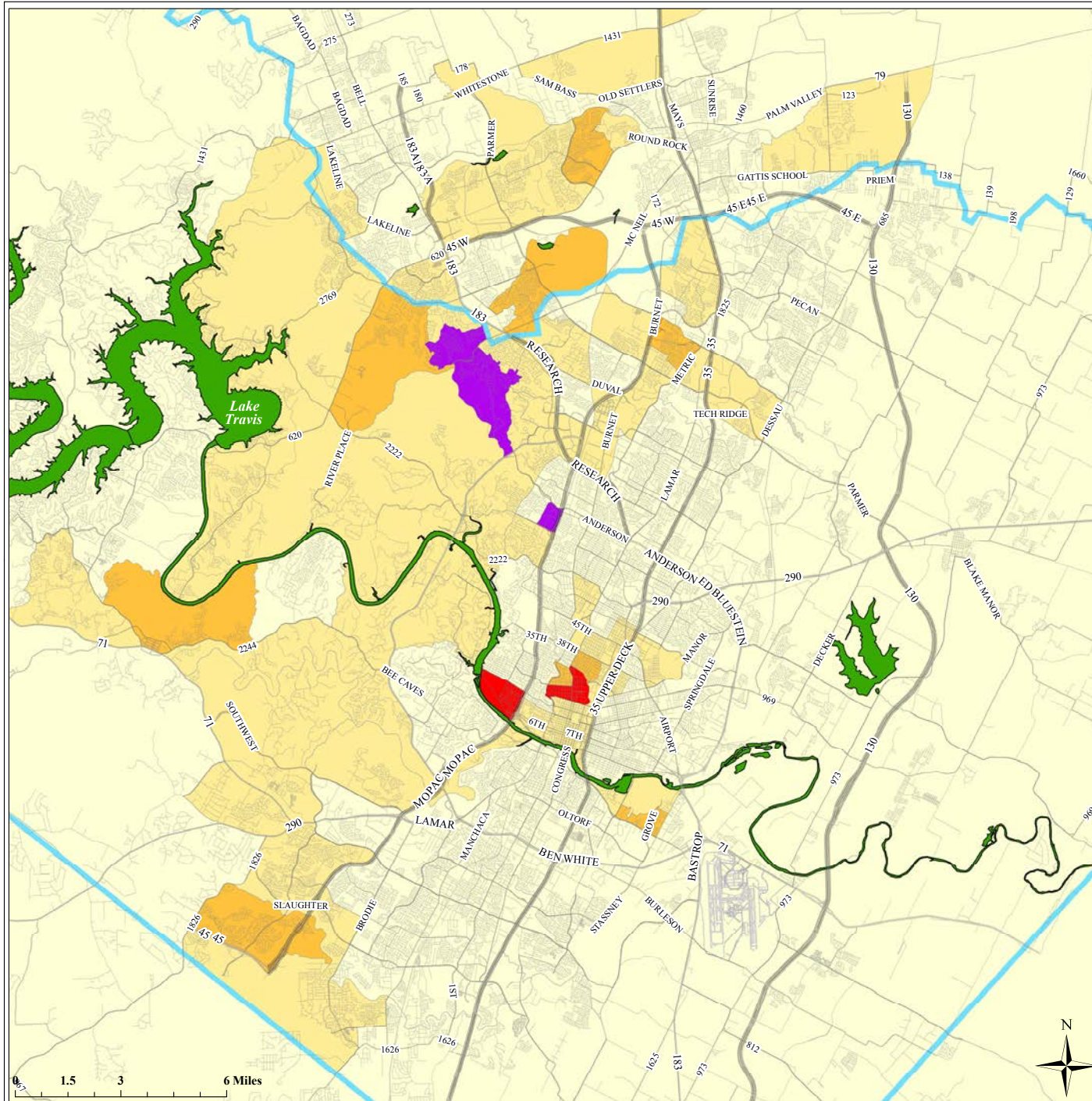
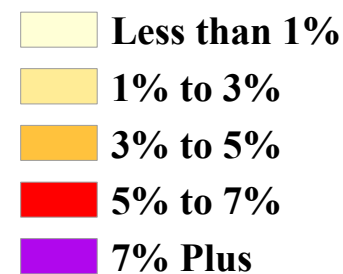
Percentage of
Total Population
that is Asian Indian



Chinese Share of Total Population






Austin, Texas
Census 2010 Data

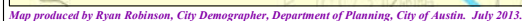
Percentage of
Total Population
that is Chinese



Austin, Texas Census 2010 Data

Census 2010 Data

 **Less than 1%**
 **1% to 3%**
 **3% to 5%**
 **5% to 7%**
 **7% Plus**



Asian American Health Issues

- Obesity
- Diabetes
- Heart Disease
- Cancer
- Hepatitis B
- Tuberculosis
- Behavioral Health
- Healthcare Access Barriers



Health Issues

Obesity / Overweight

- Asian American population (as aggregated and defined by the U.S. Census) has lower BMI values and a lower prevalence of overweight/obesity than other groups. **Disaggregation of data amongst Asian American subpopulations however, reflects discrepancies within the Asian American community.** For example, Filipino American adults are 70% more likely to be obese as compared to the overall Asian American population.
- Studies suggest that being foreign-born is associated with a greater resiliency to obesity.
- In one study conducted exclusively with the Asian American population, it was determined that physical activity, fruit intake, consumption of meat and sweetened beverages were all positively associated with acculturation at baseline. However, acculturation to the United States was also associated with a greater BMI.

Health Issues

Diabetes

- **South Asian American immigrants are 7 times more likely to have type 2 diabetes than the general population.** In an analysis of 1.5 million New York City birth records registered between 1990 and 2001, South Asian American women experienced the highest prevalence rate of gestational diabetes (11.1%) and the highest increase in prevalence (95% increase since 1990) when compared to other groups.
- Diabetes is also highly prevalent among Pacific Islanders; Guam's death rate is 5 times higher than the U.S. mainland and diabetes is one of the leading causes of death in American Samoa.
- Surprisingly, the association of type 2 diabetes with increased obesity, as measured by BMI, is not strong in the Asian American population as it is with other ethnic groups. However, the risk of developing type 2 diabetes is high in the Asian American community. **It is likely that current BMI standards are not a valid predictor of diabetes in Asian Americans.**

Health Issues

Cancer

- Asian Americans have lower incidence and mortality rates from cancer than all other ethnic groups. However, **cancer is the leading cause of death among Asian Americans**, with heart disease being first among all other American ethnic groups.
- Asian American females are the first American population to experience cancer as the leading cause of death.
- Vietnamese American women have highest incidence and death rates from cervical cancer. Cervical cancer incidence rates are five times higher among Vietnamese American women than White women. Vietnamese American men have the highest rates of liver cancer in comparison to all other ethnic groups.
- Korean American men experience the highest rate of stomach cancer of all racial/ethnic groups, and a five-fold increased rate of stomach cancer over white men.

Health Issues

Hepatitis B

- **1 million Asian Americans are living with chronic hepatitis B -more than half of all the cases in the United States.** It constitutes the biggest health disparity between Asian Americans collectively and the U.S. population. **Asian Americans are also seven times more likely to die from hepatitis B** than whites.
- Southeast Asian Americans and Pacific Islanders are disproportionately affected by hepatitis B, a viral infection of the liver that can lead to cirrhosis, liver cancer, and liver failure.

1 in 12
ASIAN AMERICANS
is living with
chronic Hepatitis B.



Health Issues

Heart Disease

- While, according to the U.S. Department of Health and Human Services Office on Women's Health, Asian American women have much lower rates of heart disease than other women, heart disease is still the second leading cause of death for this group.
- **The rate of heart disease amongst Indian Americans is four times higher than the rate amongst whites.**
- The prevalence of smoking is higher among foreign-born Asians in comparison with U.S. born Asians, although Asian Americans have the lowest smoking rate compared to other ethnic groups. 16.9% of AA men and 7.5% of AA women smoke.
- The risk factors for high blood pressure include low levels of awareness and control; very little awareness among Cambodian, Laotian and Vietnamese immigrants and low screening rates among Asian Americans in general.

Health Issues

Tuberculosis

- **Asian Americans have the highest rates of tuberculosis of any ethnic group in the United States.** Filipino Americans make up the second largest group of people infected by tuberculosis in the United States, with 11% infected. 8% of Vietnamese Americans and 7% of Indian Americans following them.
- Tuberculosis is considered highly contagious, and can be fatal if not treated. Asian Americans are affected by tuberculosis more because of the high rates in their home countries.
- Southeast Asian American immigrants older than 45 years have been reported to have an incidence rate of tuberculosis that is 40 times higher than the general U.S. population.
- **The tuberculosis incidence rates are increasing for Asian Americans and Pacific Islanders, while decreasing for the rest of the population.**

Health Issues

Behavioral Health

- Asian American college students report higher levels of depressive symptoms than white students.
- National data indicates that Asian Americans have historically been at higher risk for behavioral health problems and also have the highest rates of reported suicides compared to other races when disaggregated by age, gender, and subgroup.
- Centers for Disease Control and Prevention (CDC) reports that rates for suicide death among Asian American women were higher compared to non-Hispanic whites for age groups 15-24 years and 65 years and older.
- **Older Asian American women have the highest suicide rate of all women aged 65 and older, with elderly Chinese American women exhibiting rates 10 times higher than those of white elderly women.**
- Certain mental health conditions like depression, anxiety, and posttraumatic stress disorder are common among Southeast Asian Americans and other refugees (Nepali-Bhutanese, Sri Lankan, Burmese) who have experienced and fled political and economic turmoil at home and while being in the United States.

Health Issues

Health Care Barriers

- Asian Americans are less likely than non-Hispanic Whites to receive health insurance through their employers. Uninsured Asian American increased from 16.5% in 2004 to 17.9% in 2005. **For Texas, Asian Americans are the second largest population who are uninsured.**
- Asian Americans tend to avoid going to the doctor until they are very ill.
- Lack of access to care, language challenges and lack of culturally and linguistically responsive providers are major challenges.



Next Steps

- Conduct Focus Groups to define specific needs
 - Asian Subpopulations in Austin/Travis County
 - Elderly
 - Refugee populations
- Create Physician Advisory Group
 - Assess lessons learned from their experience in working with Asian American clients
 - Review focus group results and recommendations
 - Develop culturally relevant treatment protocols
- Recommend a Council appointed commission to address Asian American quality of life

Immediate Needs

- Increase outreach and access to services by working with HHSD through the Asian American Resource Center (AARC), Network of Asian American Organizations (NAAO), temples and churches
- Increase awareness about chronic disease management that include health screenings, education and referral to services
 - Diabetes
 - Cancer
 - Obesity
- Develop and distribute culturally/linguistically appropriate materials (primarily Vietnamese, Chinese, Korean for Austin/Travis County)
 - Heart disease
 - Behavioral Health
 - Hepatitis B
 - Other disease prevention